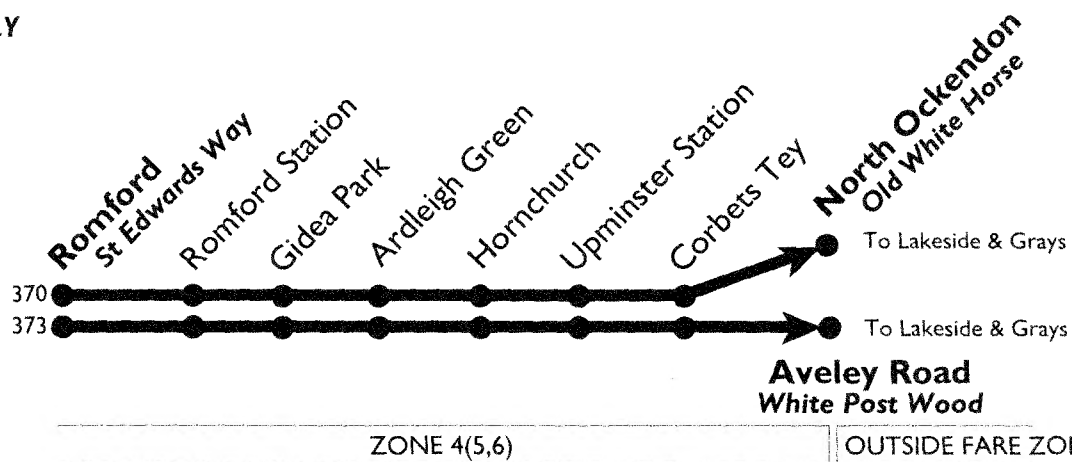


370 DAILY

373 MONDAYS-SATURDAYS



Mondays to Fridays

| Route: | | | | | | | | | | 370 | 373 | 370 | 370 | 373 | 370 | 373 | | | | | 370 | 373 | 370 | 373 | 370 |
|--------------------------------|-----|-----|------|------|------|------|------|------|------|-----|-----|-----|-----|------|------|------|------|------|--|--|-----|-----|-----|-----|-----|
| Romford Mercury Gardens | ... | ... | 0649 | ... | 0717 | 0747 | 0802 | 0817 | 0832 | 47 | 02 | 17 | 32 | 1647 | 1702 | 1717 | 1732 | 1747 | | | | | | | |
| Romford Station | ... | ... | 0653 | ... | 0722 | 0752 | 0807 | 0822 | 0837 | 52 | 07 | 22 | 37 | 1652 | 1707 | 1722 | 1737 | 1752 | | | | | | | |
| Gidea Park Drill | ... | ... | 0657 | ... | 0727 | 0757 | 0812 | 0827 | 0842 | 57 | 12 | 27 | 42 | 1657 | 1712 | 1727 | 1742 | 1757 | | | | | | | |
| Hornchurch Town Centre | ... | ... | 0703 | ... | 0733 | 0803 | 0818 | 0833 | 0848 | 03 | 18 | 33 | 48 | 1703 | 1718 | 1733 | 1748 | 1803 | | | | | | | |
| Upminster Station | ... | ... | 0709 | 0714 | 0739 | 0809 | 0824 | 0839 | 0854 | 09 | 24 | 39 | 54 | 1709 | 1724 | 1739 | 1754 | 1809 | | | | | | | |
| Upminster St. Laurences Church | ... | ... | 0710 | 0715 | 0740 | 0810 | 0825 | 0840 | 0855 | 10 | 25 | 40 | 55 | 1710 | 1725 | 1740 | 1755 | 1810 | | | | | | | |
| Corbets Tey Harwood Hall Lane | ... | ... | 0720 | ... | ... | 0830 | ... | 0900 | ... | ... | 30 | ... | 00 | 1730 | ... | 1800 | ... | ... | | | | | | | |
| Aveley Usk Road | ... | ... | 0728 | ... | ... | 0838 | ... | 0908 | ... | ... | 38 | ... | 08 | 1738 | ... | 1808 | ... | ... | | | | | | | |
| Corbets Tey Huntsman & Hounds | ... | ... | 0716 | ... | 0746 | 0816 | ... | 0846 | ... | 16 | ... | 46 | ... | 1716 | ... | 1746 | ... | 1816 | | | | | | | |
| North Ockendon Old White Horse | ... | ... | 0723 | ... | 0753 | 0823 | ... | 0853 | ... | 23 | ... | 53 | ... | 1723 | ... | 1753 | ... | 1823 | | | | | | | |
| Lakeside Shopping Centre | ... | ... | 0737 | 0753 | 0807 | 0837 | 0903 | 0907 | 0933 | 37 | 03 | 07 | 33 | 1737 | 1803 | 1707 | 1833 | 1837 | | | | | | | |
| Grays Bus Station | ... | ... | 0749 | 0802 | 0819 | 0849 | 0912 | 0919 | 0942 | 49 | 12 | 19 | 42 | 1749 | 1812 | 1719 | 1842 | 1849 | | | | | | | |





| Route: | | | | | | | | | | 373 | 370 | 373 | 370 | 370 | 370 | 370 | 370 | 370 | 370 |
|--------------------------------|-----|-----|------|------|------|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|
| Romford Mercury Gardens | ... | ... | 1802 | 1817 | 1832 | 1905 | 1935 | 2005 | 2040 | 2140 | 2240 | 2340 | | | | | | | |
| Romford Station | ... | ... | 1807 | 1822 | 1837 | 1909 | 1939 | 2009 | 2044 | 2144 | 2244 | 2344 | | | | | | | |
| Gidea Park Drill | ... | ... | 1810 | 1827 | 1842 | 1913 | 1943 | 2013 | 2048 | 2148 | 2248 | 2348 | | | | | | | |
| Hornchurch Town Centre | ... | ... | 1812 | 1833 | 1848 | 1918 | 1948 | 2018 | 2053 | 2153 | 2253 | 2353 | | | | | | | |
| Upminster Station | ... | ... | 1818 | 1839 | 1854 | 1923 | 1953 | 2023 | 2058 | 2158 | 2258 | 2358 | | | | | | | |
| Upminster St. Laurences Church | ... | ... | 1824 | 1840 | 1855 | 1924 | 1954 | 2024 | 2059 | 2159 | 2259 | 2359 | | | | | | | |
| Corbets Tey Harwood Hall Lane | ... | ... | 1830 | ... | 1900 | ... | ... | ... | ... | ... | ... | ... | | | | | | | |
| Aveley Usk Road | ... | ... | 1838 | ... | 1905 | ... | ... | ... | ... | ... | ... | ... | | | | | | | |
| Corbets Tey Huntsman & Hounds | ... | ... | 1846 | ... | 1929 | 1959 | 2029 | 2104 | 2204 | 2304 | 0004 | | | | | | | | |
| North Ockendon Old White Horse | ... | ... | 1853 | ... | 1935 | 2005 | 2035 | 2110 | 2210 | 2310 | 0010 | | | | | | | | |
| Lakeside Shopping Centre | ... | ... | 1903 | 1907 | 1930 | 1948 | 2018 | 2048 | 2123 | 2223 | 2323 | V | | | | | | | |
| Grays Bus Station | ... | ... | 1911 | 1917 | 1938 | 1958 | 2028 | 2058 | 2133 | 2233 | 2333 | 0026 | | | | | | | |

Saturdays

| Route: | | 370 | 370 | 370 | 370 | 373 | 370 | | | | | 373 | 370 | 373 | 370 | 373 | 370 | 373 | 370 | 373 | 370 |
|--------------------------------|-----|------|------|------|------|------|------|--|----|----|----|-----|-----|------|-------|------|------|------|------|------|------|
| Romford Mercury Gardens | ... | 0649 | 0719 | 0749 | 0819 | 0832 | 0847 | | | | 02 | 17 | 32 | 47 | | 1602 | 1617 | 1632 | 1647 | 1702 | 1717 |
| Romford Station | ... | 0653 | 0723 | 0753 | 0823 | 0837 | 0852 | | | | 07 | 22 | 37 | 52 | | 1607 | 1622 | 1637 | 1652 | 1706 | 1721 |
| Gidea Park Drill | ... | 0657 | 0727 | 0757 | 0827 | 0842 | 0857 | Then at these minutes past each hour | | | 12 | 27 | 42 | 57 | | 1612 | 1627 | 1642 | 1657 | 1710 | 1725 |
| Hornchurch Town Centre | ... | 0702 | 0732 | 0802 | 0832 | 0848 | 0903 | | | | 18 | 33 | 48 | 03 | | 1618 | 1633 | 1648 | 1703 | 1715 | 1730 |
| Upminster Station | ... | 0707 | 0737 | 0807 | 0837 | 0854 | 0909 | | | | 24 | 39 | 54 | 09 | | 1624 | 1639 | 1654 | 1709 | 1720 | 1735 |
| Upminster St. Laurences Church | ... | 0708 | 0738 | 0808 | 0838 | 0855 | 0910 | | | | 25 | 40 | 55 | 10 | UNTIL | 1625 | 1640 | 1655 | 1710 | 1721 | 1736 |
| Corbets Tey Harwood Hall Lane | ... | | | | | 0900 | | | | 30 | | 00 | | 1630 | | | 1700 | | 1725 | | |
| Aveley Usk Road | ... | | | | | 0908 | | | 38 | | 08 | | | 1638 | | 1708 | | 1731 | | | |
| Corbets Tey Huntsman & Hounds | ... | 0713 | 0743 | 0813 | 0843 | | 0916 | | | | 46 | | 16 | | | 1646 | | | 1716 | | 1741 |
| North Ockendon Old White Horse | ... | 0719 | 0749 | 0819 | 0849 | | 0923 | | | | 53 | | 23 | | | 1653 | | | 1723 | | 1747 |
| Lakeside Shopping Centre | ... | 0733 | 0803 | 0833 | 0903 | 0933 | 0937 | | | 03 | 07 | 33 | 37 | | | 1703 | 1707 | 1733 | 1737 | 1752 | 1800 |
| Grays Bus Station | ... | 0745 | 0815 | 0845 | 0915 | 0942 | 0949 | | | 12 | 19 | 42 | 49 | | | 1712 | 1719 | 1742 | 1749 | 1800 | 1810 |

| Route: | | 373 | 370 | 373 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 |
|--------------------------------|-----|------|------|------|------|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Romford Mercury Gardens | ... | 1735 | 1750 | 1806 | 1835 | 1905 | 1935 | 2005 | 2040 | 2140 | 2240 | 2340 | | | | | | | | | |
| Romford Station | ... | 1739 | 1754 | 1809 | 1839 | 1909 | 1939 | 2009 | 2044 | 2144 | 2244 | 2344 | | | | | | | | | |
| Gidea Park Drill | ... | 1743 | 1758 | 1813 | 1843 | 1913 | 1943 | 2013 | 2048 | 2148 | 2248 | 2348 | | | | | | | | | |
| Hornchurch Town Centre | ... | 1748 | 1803 | 1818 | 1848 | 1918 | 1948 | 2018 | 2053 | 2153 | 2253 | 2353 | | | | | | | | | |
| Upminster Station | ... | 1753 | 1808 | 1823 | 1853 | 1923 | 1953 | 2023 | 2058 | 2158 | 2258 | 2358 | | | | | | | | | |
| Upminster St. Laurences Church | ... | 1754 | 1809 | 1824 | 1854 | 1924 | 1954 | 2024 | 2059 | 2159 | 2259 | 2359 | | | | | | | | | |
| Corbets Tey Harwood Hall Lane | ... | 1758 | | 1828 | | | | | | | | | | | | | | | | | |
| Aveley Usk Road | ... | 1804 | | 1834 | | | | | | | | | | | | | | | | | |
| Corbets Tey Huntsman & Hounds | ... | | 1814 | | 1859 | 1929 | 1959 | 2029 | 2104 | 2204 | 2304 | 0004 | | | | | | | | | |
| North Ockendon Old White Horse | ... | | 1820 | | 1905 | 1935 | 2005 | 2035 | 2110 | 2210 | 2310 | 0010 | | | | | | | | | |
| Lakeside Shopping Centre | ... | 1825 | 1833 | 1855 | 1918 | 1948 | 2018 | 2048 | 2123 | 2223 | 2323 | V | | | | | | | | | |
| Grays Bus Station | ... | 1833 | 1844 | 1903 | 1928 | 1958 | 2028 | 2058 | 2133 | 2233 | 2333 | 0026 | | | | | | | | | |

Sundays and Public Holidays

| Route: 370 | | 370 | 370 |
|--|------|-----|------|
| Romford Mercury Gardens | 0840 | 40 | 2340 |
| Romford Station  | 0844 | 44 | 2344 |
| Gidea Park Drill | 0848 | 48 | 2348 |
| Hornchurch Town Centre | 0853 | 53 | 2353 |
| Upminster Station   | 0858 | 58 | 2358 |
| Upminster St. Laurences Church | 0859 | 59 | 2359 |
| Corbets Tey Harwood Hall Lane | 0904 | 04 | 0004 |
| North Ockendon Old White Horse | 0910 | 10 | 0010 |
| North Stifford Dog & Partridge | 0919 | 19 | 0019 |
| Grays Bus Station  | 0926 | 26 | 0026 |

V-Runs via North Stifford.



| | | | | | | | | | | | | | | | | | |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 370 | 370 | 373 | 370 | 373 | 370 | 373 | 370 | 370 | 373 | 370 | 373 | 370 | 373 | 370 | 373 | 370 | 373 |
| 0549 | 0614 | 0631 | 0638 | 0652 | 0708 | 0717 | 0735 | 0750 | 0759 | 0820 | 0832 | 0853 | 0902 | 0923 | 0932 | 0953 | 1002 |
| 0600 | 0625 | ∇ | 0650 | ∇ | 0720 | 0726 | 0747 | 0802 | 0808 | 0832 | 0841 | 0905 | 0911 | 0935 | 0941 | 1005 | 1011 |
| 0614 | 0639 | ↓ | 0704 | ↓ | 0734 | ↓ | 0801 | 0816 | ↓ | 0846 | ↓ | 0919 | ↓ | 0949 | ↓ | 1019 | ↓ |
| 0620 | 0645 | ↓ | 0711 | ↓ | 0741 | ↓ | 0808 | 0823 | ↓ | 0853 | ↓ | 0926 | ↓ | 0956 | ↓ | 1026 | ↓ |
| ↓ | ↓ | 0656 | ↓ | 0721 | ↓ | 0751 | ↓ | ↓ | ↓ | ↓ | 0906 | ↓ | 0936 | ↓ | 1006 | ↓ | 1036 |
| ↓ | ↓ | 0702 | ↓ | 0727 | ↓ | 0757 | ↓ | ↓ | 0833 | ↓ | 0912 | ↓ | 0942 | ↓ | 1012 | ↓ | 1042 |
| ↓ | ↓ | 0707 | ↓ | 0732 | ↓ | 0802 | ↓ | ↓ | 0839 | ↓ | 0917 | ↓ | 0947 | ↓ | 1007 | ↓ | 1037 |
| 0625 | 0650 | ... | 0719 | 0734 | ↓ | 0804 | ↓ | ↓ | 0844 | ↓ | 0932 | ↓ | 0949 | ↓ | 1004 | ↓ | 1034 |
| 0627 | 0652 | ... | 0724 | 0739 | ↓ | 0809 | ↓ | ↓ | 0846 | ↓ | 0934 | ↓ | 0954 | ↓ | 1009 | ↓ | 1039 |
| 0631 | 0656 | ... | 0730 | 0745 | ↓ | 0815 | ↓ | ↓ | 0851 | ↓ | 0924 | ↓ | 0954 | ↓ | 1015 | ↓ | 1045 |
| 0636 | 0702 | ... | 0735 | 0750 | ↓ | 0820 | ↓ | ↓ | 0857 | ↓ | 0930 | ↓ | 0950 | ↓ | 1020 | ↓ | 1050 |
| 0640 | 0707 | ... | 0740 | 0755 | ↓ | 0825 | ↓ | ↓ | 0902 | ↓ | 0935 | ↓ | 0955 | ↓ | 1025 | ↓ | 1055 |
| 0644 | 0712 | ... | ... | ... | ... | ... | ... | ... | 0907 | ↓ | 0940 | ↓ | 1010 | ↓ | 1040 | ↓ | 1110 |

| | Route: | 370 | 370 | 370 | 370 | 370 | 370 | 370 | 370 |
|--------------------------------|--------|------|------|------|------|------|------|------|------|
| Grays Bus Station | ≡ | 1726 | 1750 | 1818 | 1857 | 1940 | 2040 | 2140 | 2240 |
| Lakeside Shopping Centre | ... | 1738 | 1802 | 1830 | 1908 | 1951 | 2051 | 2151 | 2251 |
| North Ockendon Old White Horse | ... | 1752 | 1816 | 1844 | 1921 | 2004 | 2104 | 2204 | 2304 |
| Corbets Tey Huntsman & Hounds | ... | 1759 | 1823 | 1851 | 1927 | 2010 | 2110 | 2210 | 2310 |
| Aveley Usk Road | ... | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ |
| Corbets Tey Harwood Hall Lane | ... | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ |
| Upminster Station | ⊕≡ | 1805 | 1829 | 1857 | 1932 | 2015 | 2115 | 2215 | 2315 |
| Upminster St. Laurences Church | ... | 1807 | 1831 | 1859 | 1934 | 2017 | 2117 | 2217 | 2317 |
| Hornchurch Town Centre | ... | 1812 | 1836 | 1904 | 1938 | 2021 | 2122 | 2221 | 2321 |
| Gidea Park Drill | ... | 1818 | 1842 | 1909 | 1943 | 2026 | 2126 | 2226 | 2326 |
| Romford Station | ≡ | 1823 | 1847 | 1913 | 1947 | 2030 | 2130 | 2230 | 2330 |
| Romford Mercury Gardens | ... | 1828 | 1852 | 1917 | 1951 | 2034 | 2134 | 2234 | 2334 |

| 370 | 370 | 370 | 370 | 373 | 370 | 370 | 373 | 370 | 373 | 370 | 373 | | 370 | 373 | 370 | 373 | 370 | 373 |
|-------------|-------------|-------------|-------------|----------------------------|-------------|-------------|----------------------------|-------------|----------------------------|-------------|----------------------------|------------------------|------------|------------|------------|------------|-------------|----------------------------|
| 0551 | 0621 | 0651 | 0720 | 0728 | 0746 | 0801 | 0811 | 0826 | 0834 | 0853 | 0902 | | 23 | 32 | 53 | 02 | 1523 | 1532 |
| 0601 | 0631 | 0701 | 0731 | 0736 | 0757 | 0812 | 0819 | 0837 | 0842 | 0905 | 0911 | | 35 | 41 | 05 | 11 | 1535 | 1541 |
| 0614 | 0644 | 0714 | 0744 | | 0810 | 0825 | | 0850 | | 0919 | | Then at these mins. | 49 | 19 | 19 | | 1549 | |
| 0620 | 0650 | 0720 | 0750 | ↓ | 0816 | 0831 | ↓ | 0856 | ↓ | 0926 | ↓ | past each hour | 56 | 26 | 26 | | 1556 | ↓ |
| ↓ | ↓ | ↓ | ↓ | 0757 0802 | ↓ | ↓ | 0840 0845 | ↓ | 0906 0912 | ↓ | 0936 0942 | | ↓ | 06 | 12 | ↓ | U N T | 1606 1612 |
| 0625 | 0655 | 0725 | 0755 | 0806 | 0821 | 0836 | 0849 | 0902 | 0917 | 0932 | 0947 | | 02 | 17 | 32 | 47 | I | 1602 1617 |
| 0627 | 0657 | 0727 | 0757 | 0808 | 0823 | 0838 | 0851 | 0904 | 0919 | 0934 | 0949 | | 04 | 19 | 34 | 49 | L | 1604 1619 |
| 0631 | 0701 | 0731 | 0801 | 0812 | 0827 | 0842 | 0855 | 0909 | 0924 | 0939 | 0954 | | 09 | 24 | 39 | 54 | | 1609 1624 |
| 0636 | 0706 | 0736 | 0806 | 0817 | 0832 | 0847 | 0900 | 0915 | 0930 | 0945 | 1000 | | 15 | 30 | 45 | 00 | | 1615 1630 |
| 0640 | 0710 | 0740 | 0810 | 0821 | 0836 | 0851 | 0905 | 0920 | 0935 | 0950 | 1005 | | 20 | 35 | 50 | 05 | | 1620 1635 |
| 0644 | 0714 | 0744 | 0814 | 0825 | 0840 | 0855 | 0910 | 0925 | 0940 | 0955 | 1010 | | 25 | 40 | 55 | 10 | | 1625 1640 |

| | | | | | | | | | | | | | | | |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------------------|-------------|
| 370 1553 | 373 1602 | 370 1623 | 373 1632 | 370 1653 | 370 1724 | 370 1754 | 370 1829 | 370 1901 | 370 1940 | 370 2040 | 370 2140 | 370 2240 | 370 0748 | 370 48 | 370 2248 |
| ↓ 1605 | ↓ 1611 | ↓ 1635 | ↓ 1641 | ↓ 1705 | ↓ 1736 | ↓ 1806 | ↓ 1841 | ↓ 1911 | ↓ 1951 | ↓ 2051 | ↓ 2151 | ↓ 2251 | ↓ 0755 | ↓ 55 | ↓ 2255 |
| ↓ 1619 | ↓ 1649 | ↓ 1656 | ↓ 1705 | ↓ 1719 | ↓ 1749 | ↓ 1819 | ↓ 1854 | ↓ 1924 | ↓ 2004 | ↓ 2104 | ↓ 2204 | ↓ 2304 | ↓ 0804 | Then at these mins. | ↓ 2304 |
| ↓ 1626 | ↓ 1636 | ↓ 1656 | ↓ 1711 | ↓ 1725 | ↓ 1755 | ↓ 1825 | ↓ 1900 | ↓ 1930 | ↓ 2010 | ↓ 2110 | ↓ 2210 | ↓ 2310 | ↓ 0810 | past each hour | ↓ 2310 |
| ↓ 1632 | ↓ 1642 | ↓ 1702 | ↓ 1716 | ↓ 1730 | ↓ 1800 | ↓ 1830 | ↓ 1905 | ↓ 1935 | ↓ 2015 | ↓ 2115 | ↓ 2215 | ↓ 2315 | ↓ 0815 | UNTIL | ↓ 2315 |
| ↓ 1634 | ↓ 1649 | ↓ 1704 | ↓ 1718 | ↓ 1732 | ↓ 1802 | ↓ 1832 | ↓ 1907 | ↓ 1937 | ↓ 2017 | ↓ 2117 | ↓ 2217 | ↓ 2317 | ↓ 0817 | | ↓ 2317 |
| ↓ 1639 | ↓ 1654 | ↓ 1709 | ↓ 1723 | ↓ 1736 | ↓ 1806 | ↓ 1836 | ↓ 1911 | ↓ 1941 | ↓ 2021 | ↓ 2121 | ↓ 2221 | ↓ 2321 | ↓ 0821 | | ↓ 2321 |
| ↓ 1645 | ↓ 1700 | ↓ 1715 | ↓ 1729 | ↓ 1742 | ↓ 1812 | ↓ 1842 | ↓ 1917 | ↓ 1946 | ↓ 2026 | ↓ 2126 | ↓ 2226 | ↓ 2326 | ↓ 0826 | | ↓ 2326 |
| ↓ 1650 | ↓ 1704 | ↓ 1720 | ↓ 1734 | ↓ 1747 | ↓ 1817 | ↓ 1847 | ↓ 1922 | ↓ 1950 | ↓ 2030 | ↓ 2130 | ↓ 2230 | ↓ 2330 | ↓ 0830 | | ↓ 2330 |
| ↓ 1655 | ↓ 1708 | ↓ 1725 | ↓ 1739 | ↓ 1752 | ↓ 1822 | ↓ 1852 | ↓ 1927 | ↓ 1954 | ↓ 2034 | ↓ 2134 | ↓ 2234 | ↓ 2334 | ↓ 0834 | | ↓ 2334 |

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